

# HEALTHY HALLOWEEN TREATS!

Alternatives to Candy!



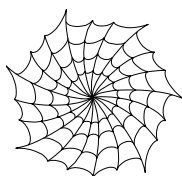
SOME TREATS YOU  
CAN SINK YOUR  
TEETH INTO!

- SPIN TOPS
- COUPONS
- PENCILS
- MINI-FRISBEES
- BRACELETS
- PLASTIC ANIMALS



- MAGNETS
- BARRETTES
- FIGURINES
- MAZE GAMES
- HAND GAMES
- NOTEPADS
- PARTY FAVORS
- CROSS WORD  
PUZZLES

- SLIDE PUZZLES
- WHISTLES
- PENCIL TOPPERS
- JEWELRY



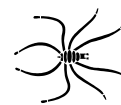
- TRADING CARDS
- JUMP ROPES
- STICKERS
- PLAY TATTOOS
- RUBBER SNAKE
- BUBBLES
- MATCHBOX CARS
- CRAYONS
- PINWHEELS



- MASKS
- HAIR BOWS
- PENCIL  
SHARPENER
- PLAY MONEY
- ERASERS
- KAZOOS
- PUZZLES
- MARBLES
- TOOTHBRUSH
- KEY CHAINS
- SHOELACES



- COLORING  
BOOKS
- PADDLEBALL
- YO-YO'S
- NECKLACES



- WAX FANGS
- SPIDER RINGS
- JACKS
- WATERGUNS
- RUBBER BALLS
- CHARMS
- PENS



- ANIMAL CRACKERS
- WRAPPED FRUIT
- PRETZELS
- FRUIT CUPS
- APPLESAUCE CUPS
- MINI BOX RAISINS
- PUDDING CUPS
- TRAIL MIX
- JUICE BOXES  
(100% fruit juice)
- GRANOLA BARS



A message from the California Department of Health Services. This material was developed with funding support from the national Food Stamp Program, U.S. Department of Agriculture. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

FOR MORE INFORMATION,  
CALL SHASTA COUNTY PUBLIC HEALTH  
(530) 245-6843 [www.shastapublichealth.net](http://www.shastapublichealth.net)

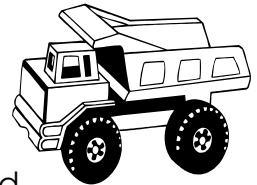


building a  
healthier  
community  
  
Shasta County  
Public Health



# Trick or Treat or Toy?

Knock, Knock, Knock. Trick or Treat! Give me something good to eat! Boy, does that candy look good. Oh wait! Is that person offering me a toy truck? That is even better! I want that!

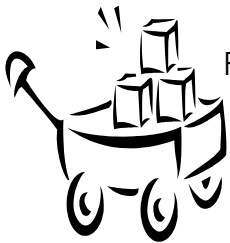


The rate of childhood obesity in the United States has rapidly jumped in the last 3 decades.



Children collecting a bucket full of candy door to door on Halloween is a perfect example of how foods high in sugar and fat contribute to obesity and a poor diet.

Adults can promote healthy eating habits to children by limiting foods high in sugar and fat.



Research has shown that children are just as likely to choose toys over candy when both are offered on Halloween. Small toys are inexpensive and festive and may serve as fun options for adults who do not wish to give out candy on Halloween.

Because Halloween is fun for children as they have the chance to dress up and walk around the neighborhood at night, adults can promote a healthy and fun Halloween by allowing their children to associate non-candy treats with happy feelings on this holiday.

Look in the back for some ideas for fun non-candy treats!



A message from the Nutrition Program, Department of Public Health, Human Services System, County of San Bernardino. Funds provided by USDA's Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods. For information about Food Stamps, please call 1-800-952-5253

